



# The HealthyPetNet News



FOR THE LOVE AND THE LIFE OF OUR PRECIOUS PETS

Issue 6

## Inside this Issue:

Our Pets' Bones and Joints	1-3
Hope for Two Great Danes	4
Ask Dr. Jane	4
Product List	5
Food Comparison	6
Food Info & More	7

## Our Pets' Bones and Joints

In many ways, scientific study of anatomy is a celebration of the body's ingenious architecture. Just the mere fact that babies are born toothless for the practice of breast feeding and then sprout teeth months afterwards is a suggestion that such phenomena that occur in the body are no accident. Though the body is truly an amazing design, much can go wrong especially as we all age, humans and pets alike.

As humans live life and our bodies begin to endure the aging process, arthritis and osteoporosis (among many other things) become a major concern. If we don't take good enough care of our bones and our joints via our diet and physical activity, they will begin to show their dissent. The same goes for our pets. Taking care of our pets' bones, joints and surrounding tissue is something that we don't often think about and most certainly should. Therefore, this issue of HealthyPetNet News is dedicated to the proper care of our pets' bones and joints.

### **The Joint: An Inside Look**

Our animals' joints consist mostly of bone, part of which is covered with a softer substance called cartilage. Without knowing it, human beings strive to be just like cartilage! Cartilage is delicate yet strong enough to tolerate the pressure that the world and everyday life puts on it. It is also smart enough to produce joint fluid to protect it and act like a cushion. Other parts of the joint include muscles, which are the "active organs of motion," the tendon, which is a thick tissue that attaches muscles to bones, cartilage and other parts of the joint and then there are the ligaments, the strong bands that attach bones to each other. The health of the bone and joint depends on the individual cells that make up these tissues, which should have specific nutrients in order for them to function properly.

### **Why Our Pets Develop Joint Stiffness**

Though dogs and cats can develop stiffness when they are young, like us they typically develop this problem as they age. Because pets age much

faster than we do, we must be sensitive to their bodies' needs according to *their* biological process, not our own.

Joint stiffness occurs for several reasons. First, which can happen at any age, is the result of an injury to the bone, joint or surrounding tissue. If an injury isn't nursed back to health properly, the stiffness that comes with an injury will remain for an indefinite amount of time, even become painful and permanent. Second, genetics and the physical structure of certain animals also play a major role in the health of their joints. Large breed type dogs such as the German Shepard, Golden, Lab and the Great Dane have genetic predispositions for hip and elbow problems. The cute dog breed known as the Daschund (popularly known as the "hot dog") and others designed with the long back, often have back problems because of the stress of that lengthy back bone. Also, certain small breed type dogs including the Yorkshire Terrier and poodle have a genetic makeup that contributes to knee problems. Last is the age

(Continued Page 2)

## Our Pets' Bones and Joints (continued)

factor. The older our dogs and cats become the longer the joints have been responsible for carrying the weight around and the cell and biochemical changes that occur with age take their toll on the joints. The incidence of joint problems in cats is far more common than one would think. Many an older cat displays the discomfort of age but because they don't run after the garbage man or go for walks or retrieve balls, we don't recognize the changes. What are the changes you might ask? While they once slept in bed with you, they no longer choose to jump into the bed or limp on and off especially when walking on hard surfaces. Or, they may decide that being held in certain positions elicits pain so they become fidgety when held.

### **Growing Pains**

The process of aging takes its toll on the body in every way imaginable. It is only when something begins to hurt do we realize how much we truly use it in our everyday functions. Aging puts stress on the joints and causes tension on bones, muscle tendons and ligaments. As the body undergoes the aging process, here are some of the changes it includes.

- **Loss of muscle mass.** Muscle mass is necessary to help support good, healthy joints. It provides protection to the tendons and ligaments, which make it possible for our joints to flexibly move.
- **Decreased production in joint fluid.** There is a sack around each joint that contains joint fluid, which

protects the bones so that they don't grind together when we move. Age, as well as injury, decreases the production of this fluid causing incredibly painful friction during movement, which also weakens the tendons, ligaments and muscles.

- **Bone edges become irregular.** Have you ever compared the wonderful symmetry and smoothness of a baby's fingers to that of a very elderly person's whose fingers are gnarled and twisted? As we age, the ends of our bones become uneven and grow spurs, which irritate the soft tissue, tendons and ligaments around the bones. The same goes for animals. What ends up happening is the rubbing together of these edges of bones and the bones they're attached to, causes swelling and pain.
- **Bone brittleness.** As animals age, there is less of the substance that comprises the bone being made, resulting in the overall weakening of their bones. Fractures are not uncommon in the older animal.
- **Cartilage erosion.** As an animal ages, the cartilage, the soft tissue that covers the ends of bones, begins to wear down. Furthermore, not only does the cartilage wear down,

but the body produces less. This causes the ends of the bones to become rough.

### **Loosening Up Our Pets: HealthyPetNet's Healthy Joint System**

In essence, understanding all of this information about the joints is just the precursor for learning how to encourage longevity through proper diet and exercise. We at HealthyPetNet will offer a few suggestions that could help support the joints by preventing or easing stiffness.

- **Keep your pets lean.** The less weight your pet has to carry around, the less pressure on the joints in their backs and legs. Long-term studies show that excessive weight gain in large breed type puppies will increase the likelihood of bone problems.
- **Exercise.** Moderate exercise for dogs and cats is the key. For dogs, we recommend swimming, running and climbing. Playing Frizbee or jumping for balls may be too stressful on the joints. For cats, who also respond well to chasing objects, we recommend that playing games with an object for them to chase such as a short plastic fishing pole with an artificial bird or ribbons attached. Or you

#### **Did you know....**

That a one month old cat is equivalent to a 5-6 year old human?  
 That a 8 month old dog is equivalent to a 13 year old human?  
 That a 19-22 year old cat is like a 104 year old human?  
 That a 15 year old dog is like a 76 year old human?

## Our Pets' Bones and Joints (continued)

can simply take a thick piece of cord and drag it up the stairs and all over the house. In a frenzy to get their paws on this object, it will drive them crazy and loosen up their joints in the process!

- **Foods rich in antioxidants.**

Antioxidants help support the body during the natural process of aging by fighting the inevitable free-radicals present that attack the body resulting in a myriad of health concerns some of which have much to do with the joints.

### Support Nutrients For Joints: *HealthyPetNet's New & Improved Agility*

HealthyPetNet's New & Improved Agility with Glucosamine & MSM is a holistic joint formula that strives to be the embodiment of the perfect synergy of nature and science. Since healthy bones are dependent upon many factors and biochemical processes, this formula includes individual ingredients selected to support some of these key factors. Thus rather than containing joint support ingredients only, the Agility supplement expands beyond those limitations. Agility approaches joint health from many perspectives, looking at the whole picture and thus being labeled as holistic. That sets it apart.

Following is an overview of some of the main ingredients the Agility formula provides.

**Glucosamine.** This is a popular joint support nutrient that the body naturally produces. Glucosamine is prevalently found in shark cartilage, bovine cartilage and shell fish. It is also synthesized in the laboratory. It is the critical building block of some of the substances found in cartilage. This is particularly good for aging pets, for as the body ages, it decreases its ability to make it.

**Chondroitin Sulfate.** It's not as scary as it sounds. This is another popular joint support nutrient. Like glucosamine, it is also found in shark cartilage. It is also in Green lipped mussels otherwise known as Perna Canaliculi. It forms the building blocks of cartilage and is important in holding water in the joints, thus keeping the joints lubricated.

**Green Lipped Mussels.** Also known as edible shellfish, they have many of the nutrients that bone and support tissue needs. It is a whole food that contains protein, fats, vitamins, minerals and chondroitin sulfate. It was selected as an ingredient for the Agility supplement because all of its components work together to support the joints. Some of these components are able to provide some of the necessary nutrients the added glucosamine requires for optimum utilization.

**Boswellia.** Boswellia is an interesting herb. Herbalists use this herb to support many parts of the body including bone, lung and

liver. Many holistic doctors agree that a healthy liver is paramount in supporting the health of any portion of the body including the joints. Its fame for joint support is probably through its enhancement of blood flow to the joints and its remarkable ability to soothe.

**Fish Oils.** Especially rich in long chain omega 3 fatty acids, they are important in bone, muscle and nerve support. Fish oils are included in this formula because they soothe.

**Alfalfa.** This grass is rich in minerals and antioxidants, used by herbalists for generations for bone support.

**MSM.** This antioxidant, which contains sulfur is an important nutritional element for the joints. Sulfur is a mineral that the body requires for many biochemical reactions.

If I could use one word only to describe all of these compounds I would say "synergy." Synergy means that when these ingredients are combined, they enhance each other.

***Cheers to happy pets. That's what we are about.***



## Hope for Two Great Danes



When Terry called and asked us to bring our horse trailer, all I asked her was where and when. Her voice was trembling and held the shadow of death and doubt—that's when you know not to ask any questions. As Dick and I got into the truck and followed the directions scribbled on a dirty dinner napkin, we didn't know what to expect. We often rescue horses and the occasional Collie.

As we got there, we noticed that Betsy and her daughter were parked at the side of the deserted highway, their hazard lights flashing in the night. Other concerned strangers had also gathered at the scene. When we first drove up, we could hardly make out the two barely breathing shapes lying on the side of the road. As we got out of the truck and walked closer, we saw the two most emaciated Great Danes we had ever seen!

It was sad and horrific to see such normally large and robust creatures reduced to hairless living carcasses of skin and bone. They were both under 100 pounds, and looked like they were infected by every parasite known to man. One of the Dane's feet was swollen three times its normal size. The other Dane had fallen into an ant pile and her body was teeming with fire ants. She was so weak that she couldn't even move.

Because our trailer was low to the ground and we had plenty of strong helping hands, we were successful at loading the two desperate Danes into our trailer and taking them back to our house to get the help they needed. Neither of the dogs had collars but both of them were relatively well trained. We were certain that they were deserted by their previous owners. We named them Martha and Leona

and vowed to nurse them back to health and find them owners. Once Martha healed from her mange and ant bites, we had no problems finding her a home; she got adopted by a veterinarian that works with Great Dane Rescue. Leona was in the most critical condition. Not only did she have mange all over, but she was pregnant and had heart worm. She recently gave birth to 6 babies, and one died during childbirth. She's still undergoing heart worm treatment, which is quite dangerous.

Psychologically, Leona still has a lot of healing to do. She gets really anxious when she is not around me, Dick or other dogs. Her fear of abandonment is so tangible, we can feel it every time we walk out the door. I can't urge people enough to make sure they get the right pet for their household. I think about it often: what does it take for someone to leave such wonderful, loving dogs on the side of the road to die? Elayne from Florida.

## Ask Dr. Jane Bicks

I have a German Shepard that is 3 years old. She is fine as far as her hips go. She runs and plays all day. Should I start her on the Agility supplement?

*Great question. The answer is yes. Her skeleton takes an awful lot of stress every day. Free radicals are being generated, constantly. Remember that while you know she is 3 years old, her chronological age is approximately 28. I suggest that any medium to large breed dog, or long backed dog be given Agility even when they are young. Why not give the joints the supporting nutrients they can use? When to start? As they slip away from puppyhood, perhaps age 2 or 3.*

My cat was limping so bad that our veterinarian took two sets of Xrays to determine the cause. He couldn't find anything wrong. We were so desperate that we started on the Agility supplement and our cat seems more comfortable. She even chases the birds again. (We put a bell on her break-a-way collar so she won't sneak up on them and kill them). Some days she loves the Agility tablets and others we crumble them up and add to her food. Is that ok?

*While I prefer that they be given alone, it is fine. There is nothing in the formula that is going to disrupt the balance of her food. Cats are finicky some times. Its just one of those facts of life.*



*Dr. Jane Bicks is a highly respected and nationally recognized holistic veterinarian. She is author of three books on pet care and nutrition and has served on professional boards including the Cornell Feline Health Center. Dr. Bicks uses the best of modern science and "mother nature" to formulate all HealthyPetNet™ Products.*

### Healthy Solutions & Nutritional Supplements

Product	Size	Retail Price	Autoship Price	Item #	Description
Agility for Dogs & Cats	60 chewable tablets	\$39.95	\$31.95	#101011	Vitamin, mineral & herbal formula -supports bones & joints
Skin & Coat Formula for Dogs & Cats	60 chewable tablets	\$29.95	\$22.95	#102001	Optimal skin & coat health with microencapsulated Omega 3 Fatty Acids
Advanced Daily Supplement for Dogs	60 chewable tablets	\$23.95	17.95	#102012	Advanced Daily Supplements - cutting-edge formulas with unique health-promoting ingredients. Contains a broad spectrum of vitamins, minerals and plant nutrients. An array of proteins and a high levels of antioxidants.
Advanced Daily Supplement for Dogs	30 chewable tablets	\$12.95	\$9.95	#102017	
Advanced Daily Supplement for Cats	360 chewable tablets	\$17.95	\$13.95	#103012	

### Healthy Treats for Dogs and Cats

Gourmet Dental Treats for Dogs	14 oz. Bag	\$10.95	\$8.95	#410014	Triple action formula promotes, healthy teeth, gums & fresh breath – delicious!
Gourmet Dental Treats for Dogs	28 oz. bag	\$19.95	\$16.50	#410028	
Antioxidant Health Bars for Dogs	14 oz. Bag	\$10.95	\$8.95	#410114	Treat your dog to better health naturally with 70+ antioxidants – delicious
Antioxidant Health Bars for Dogs	24 oz. bag	\$16.95	\$13.95	#410124	
Gourmet Porky Puffs	5 in a bag	\$8.95	\$7.29	#420006	All natural, pork snout dog chews - fully digestible chews – hickory smoked
Edible Dog Bones – Sm to Med Dogs	4 in a bag	\$11.25	\$8.95	#420024	Delicious, all natural, fully digestible chew treats – bacon flavor
Edible Dog Bones – Med to Lg Dogs	4 in a bag	\$12.49	\$9.95	#420032	
Purr-fectly Natural™ Gourmet Cat Treats	4 oz. bag	\$8.95	\$6.95	#405404	Improves coat health & supports digestion
Oven Baked Cookies for Horses	24 oz. cont.	\$21.95	\$17.95	#500024	Delicious & nutritious – great for a glowing coat and overall health

### Premium Health Food for Dogs and Cats

Life's Abundance Premium Health Food for Dogs	8 lb. bag	\$13.95	\$11.59	#401008	Life's Abundance Premium Health Foods for Dogs & Cats contain all natural, premium ingredients with powerful antioxidants, probiotics, Omega 3 fatty acids & more. NO by-products, NO corn, wheat, dairy, NO artificial flavors or chemical preservatives
Life's Abundance Premium Health Food for Dogs	20 lb. bag	\$27.95	\$24.49	#401020	
Life's Abundance Premium Health Food for Dogs	40 lb. bag	\$52.95	\$46.95	#401041	
Life's Abundance Premium Health Food for Cats	6.6 lb. bag	\$14.95	\$12.69	#405006	
Life's Abundance Premium Health Food for Cats	16.5 lb. bag	\$34.95	\$29.49	#405016	
Canine Zone Weight Loss Food for Dogs	6.6 lb. bag	\$15.50	\$12.95	#401106	Revolutionary new food based on Dr. Barry Sears' Zone Diet. Helps dogs lose weight - nutrient rich formula
Canine Zone Weight Loss Food for Dogs	17.6 lb. Bag	\$34.50	\$29.95	#401117	
Canine Zone Weight Loss Food for Dogs	35.3 lb. bag	\$64.95	\$56.95	#401135	

### Daily Nutritional Systems

Life's Abundance Daily Nutritional System for Dogs – Small	8 lb. bag & 1 sm bottle	\$26.90	\$20.90	#410408	Life's Abundance® Premium Health Foods for Dogs & Cats and Canine Zone™ Weight Loss Food for Dogs both provide a solid daily nutritional foundation. Once a good foundation is established, a daily supplement is required because <b>every pet has unique nutritional needs</b> . For example, huskies often need more zinc than other breeds and long hair cats often need more biotin than other cats. Advanced Daily Supplement with Phytonutrient Power provides the additional nutrient to support the optimum health of your precious dog or cat.
Life's Abundance Daily Nutritional System for Dogs – Large	20 lb. bag & 1 lg bottle	\$51.90	\$40.90	#401420	
Life's Abundance Daily Nutritional System for Dogs – Extra Large	40 lb. bag & 2 lg bottles	\$99.95	\$79.95	#401440	
Life's Abundance Daily Nutritional System for Cats – Small	6.6 lb. bag & 1 bottle	\$32.90	\$25.90	#405306	
Life's Abundance Daily Nutritional System for Cats – Large	16.5 lb. bag & 2 bottles	\$70.85	\$55.85	#405316	
Canine Zone Daily Nutritional System for Dogs – Small	6.6 lb. bag & 1 sm Bottle	\$28.45	\$22.25	#401406	
Canine Zone Daily Nutritional System for Dogs – Large	17.6 lb. bag & 1 lg Bottle	\$58.45	\$45.95	#401417	
Canine Zone Daily Nutritional System for Dogs – Extra Large	35.3 lb. bag & 2 lg bottles	\$112.85	\$89.50	#401435	

## Compare Your Brand of Dog Food to Life's Abundance Premium Health Food

Compare Your Brand of Dog Food to Life's Abundance Premium Health Food									
Favorable Unfavorable	Life's Abundance	Nutro Natural Choice	ScienceDiet Adult Maintenance	Flint River Oven Baked Puppy/Adult	Purina One Adult Chicken & Rice	Purina Beneful	Iams Adult Lamb Meal & Rice	Eukanuba Adult Maint.	Alpo
Look at the First 3 Ingredients - They Often Make Up the Principal Components of a Food									
First Three Ingredients Corn, wheat, gluten & soy are generally inferior sources of protein & are often difficult to digest & to use by the body. Also can cause G.I. problems. Meat & bone meal can contain an unknown quality of bone, which is an inferior protein.	Chicken Meal (hormone & steroid free)	Lamb Meal	Chicken	Chicken Meal	Chicken	Ground Yellow Corn	Lamb Meal	Chicken	Ground Yellow Corn
	Ground Brown Rice	Ground Rice	Corn Meal	Whole Wheat Flour	Brewers Rice	Chicken By-product meal	Brewers Rice	Chicken Byproduct Meal	Beef & Bone Meal
	Potato Product	Rice Bran	Ground Grain Sorghum	Ground Rice	Whole Grain Corn	Corn Gluten Meal	Corn Meal	Corn Meal	Soybean meal
Watch Out for Harmful Chemicals & Unsavory Byproducts									
Preservatives Can be very harmful	Mixed Tocopherols	Mixed Tocopherols	BHA, BHT	Mixed Tocopherols	Mixed Tocopherols	Mixed Tocopherols	Mixed Tocopherols	Mixed Tocopherols	BHA
By-products Generally inferior sources of protein	none	none	yes	none	yes	yes	yes	yes	yes
Artificial Dyes Many vets believe they are linked to health problems	none	none	none	none	none	Yellow 5, Red 40, Yellow 6, Blue 2	none	none	Red 40
Look for Powerful Health Promoting Ingredients									
Probiotics Good for Digestive & Immune System	yes	none	none	none	none	none	none	none	none
Antioxidants Vital to Good Health (Grapeseed Extract powerful source)	yes Grapeseed Extract	yes	yes	yes	yes	yes	yes	yes	yes
Chelated Minerals Better absorbed	yes	none	none	yes	none	none	none	none	none
Vegetables Excellent Source of Antioxidants & Phytonutrients	yes	none	none	none	none	yes	none	none	none
Food Rating*	10	7	4	7	5	3	5	4	1
Cost to Feed and Cost Delivered to Your Door									
Cost Per Cup Based on the number of Cups in Each Bag	\$0.29	\$0.16	\$0.19	\$0.29**	\$0.17	\$0.13	\$0.17	\$0.21	\$0.09
Daily Feeding Amount Based on 50 lb dog	2 cups	3.5 cups	3.25 cups	2.5 cups**	2.5 cups	3.33 cups	2.5 cups	2 cups	3.25 cups
Daily Cost to Feed Based on feeding amounts & # of cups/bag	\$0.59	\$0.58	\$0.60	\$0.72**	\$0.42	\$0.43	\$0.42	\$0.43	\$0.31
Total Cost to Feed + Shipping	\$0.70	\$0.86	\$0.86	\$0.72	\$0.67	\$0.67	\$0.67	\$0.61	\$0.59
Food Rating*	10	7	4	7	5	3	5	4	1

\* Rating: Each food starts with 10 points. 1 point is deducted for each unfavorable ingredient or lack of a health-promoting ingredient.

\*\* Includes shipping and cups to feed 45-55 lb. dog. In most cases, food costs are an average of prices found in local stores and popular Internet sites. Shipping costs are an average of three popular Internet sites. Chart created 2/24/03.

## Life's Abundance Premium Pet Foods

Life's Abundance for Dogs	
Serving Sizes:	
8 lb. bag	32 cups
20 lb. bag	80 cups
40 lb. bag	160 cups
Feeding Chart:	
3 lb. dog	1/4 cup daily
10 lb. dog	2/3 cup daily
20 lb. dog	1 cup daily
30 lb. dog	1 1/2 cups daily
40 lb. dog	1 3/4 cups daily
60 lb. dog	2 1/2 cups daily
80 lb. dog	3 cups daily
100 lb. dog	3 1/2 cups daily



Life's Abundance for Cats	
Serving Sizes:	
6.6 lb	20 cups
16.5 lbs	66 cups
Feeding Chart:	
3-6 lb	1/4 -- 1/3 cup daily
7-12 lb	1/3 -- 1/2 cup daily
13-18 lb	1/2 -- 3/4cup daily

### What is Autoship?

Autoship is our **FREE** Automatic Shipment Program ... we ship products right to your door automatically! On Autoship, you can get shipments from every 14 days to every 90 days or anywhere in between. Or you can get shipments on the same day of each month (between the 1st and 28th). Autoship is absolutely risk free and it can be cancelled at any time. But that's not all ... customers that are on Autoship can get **ALL their products for wholesale prices!** Contact your Field Representative to go on Autoship and you'll never have to worry about running out of pet products again!

### When will my Autoship order arrive?

If you give us your e-mail address, a notification will be sent to you with your tracking information. This will enable you to track your shipment through the UPS web site. The number of days required to ship your order from the HPN warehouse to your home depends on your individual location.

### If I change my Autoship order for the next month, will it revert back to my original order on the following shipment?

No. Once an Autoship order has been changed, that order becomes your standard Autoship shipment.

### How do I change my Autoship?

To change your autoship, you can call customer service toll free at 1-877-387-4564 from Monday through Friday from 8:00 AM to 7:00 PM Eastern Time or you can email your Autoship changes to support@healthypetnet.com -- please type "Autoship" in the subject line.



## Our Pet Promise

HealthyPetNet™ will always provide you with responsible products that help pets live the healthiest, happiest and longest life possible.



**TRILOGY**  
PEOPLE • PETS • PLANET

HealthyPetNet™ is a Trilogy brand name. Trilogy ... people, planet and pets, where Mother Nature and modern science come together to provide safe and effective products for the health and well being of people, our pets and the planet in which we live.

Kirk & Faithe Thomas  
Independent Field Representative ID#: 10087333  
Phone: 270-838-7060  
Email: [pets@caring4yourpet.com](mailto:pets@caring4yourpet.com)  
<http://www.trilogyonline.com/caring4yourpet>